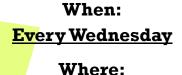
Norfolk Fitness & Wellness Center Presents

"Wellness Wednesdays"



NFWC Conference Room
Time:

11:00 a.m. Or 6:00p.m.

Program Description:
A variety of Wellness topics
are presented every week.
Topics include stroke

prevention, menopause,
sleep disorders, bodies in
motion series, healthy living
series, healthy spines and
bones, vitamin

supplementation, and much more are presented to the entire

City of Norfolk
"Free of charge"!!